

## WOMEN'S VIRTUAL GROUP

# Self-Soothing Skills for Healing Trauma

## PSYCHOEDUCATION AND SKILLS



Facilitated by  
Katy Q. Hurst, LPC-MHSP  
EMDR Trained Trauma Therapist

Weekly on Tuesdays  
Starting 1/30/2024  
4:15-5:30 pm Central  
\$75 x 10 Sessions

More Info & Sign up:  
[www.katyhurstcounseling.com/group](http://www.katyhurstcounseling.com/group)

### YOU WILL LEARN HOW TO:

- Experience your emotions rather than fighting them
- Build a more trusting relationship with your body and sensations
- Identify and soften triggers
- Explore reparenting and self-attunement through parts work
- Develop new tools for self-care

EARLY BIRD  
\$100 OFF  
BEFORE  
1/19/2024



*Self-Soothing Skills for Healing Trauma is a 10-session group built to help women make sense of their daily struggles in a new way. The skills used in group are taken from somatic therapies, EMDR, and Internal Family Systems. Clients who have participated in this group reported increased understanding of the impact of trauma, greater ability to manage trauma symptoms, increased self-compassion, and comfort with using skills for self-soothing.*

*Group work provides a unique opportunity to connect with other individuals with similar goals and learn from each other in a supportive, structured environment. For questions, please contact [info@katyhurstcounseling.com](mailto:info@katyhurstcounseling.com).*

## **SESSION TOPICS:**

### **IDENTIFYING AND EXPERIENCING EMOTIONS SAFELY**

**DO I REALLY HAVE TRAUMA?** EMBRACING THE NEED FOR HEALING WORK

**WHAT ARE BOUNDARIES?** GETTING OUT OF DISEMPOWERED ROLES

**IDENTIFYING & SOOTHING TRAUMA RESPONSES:** FIGHT, FLIGHT, FREEZE AND FAWN

**WHAT IS AN EMOTIONAL FLASHBACK?** COMMON TRAUMA SYMPTOMS

**WHAT IS AN EXILE?** INTRODUCTION TO PARTS WORK

**WHAT ARE PROTECTIVE PARTS?** PARTS WORK CONTINUED

**DO I EVEN HAVE A 'SELF'?** CONNECTING TO THE PRE-TRAUMA PERSONALITY

**HOW TO GET TRAUMA TO STOP RUNNING THE SHOW**

**OPENING & CLOSING SESSIONS**

*Katy Hurst, LPC-MHSP is a licensed therapist and experienced provider of trauma therapy. She currently holds licenses to practice in Tennessee, Kentucky, and Florida. Katy developed this group through her own trauma healing process and extensive research to find what really works. She previously taught Group Counseling to Master's level students at Vanderbilt University where she graduated from the Human Development Counseling Program. Katy has a passion for helping clients feel like they are back in the driver's seat of their lives and relationships. In her free time, she enjoys allowing herself to rest, spending time with friends, practicing yoga, and watching Rupaul's Drag Race.*